

Optimizing Women's Hormones

Syllabus + FAQs

SYLLABUS

This program is designed to help you feel as great as possible as you go through the menopause transition. You will learn what you can do to manage hot flashes, the dreaded weight gain, and more. Plus, you will get a solid strategy on how to prevent osteoporosis and heart disease. Before beginning this program:

- Review the resource page for the Optimizing Women's Hormones program.
- Download and print the full program workbook or start with just session one.

SESSION 1: WELCOME! MENOPAUSE 101

- Learn the basics of what's happening to your hormones during the menopause transition.
- Find out which daily lifestyle factors impact menopause.

Classes:

- Welcome to Optimizing Women's Hormones
- Menopause 101
- Factors That Affect the Menopause Transition

SESSION 2: HOT FLASHES

- Understand what's happening in your body and factors that can trigger a hot flash.
- Learn nutrition tips to help improve and manage your hot flashes.

Classes:

- What's Happening During Hot Flashes
- What to Eat for Hot Flashes

SESSION 3: WHY IS WEIGHT GAIN HAPPENING?

- Understand the connection between menopause and metabolism.
- Learn the top-three food and lifestyle recommendations for managing weight during the menopause transition.

Classes:

- Why Is Weight Gain Happening?
- Lifestyle Recommendations for Body Composition

SESSION 4: EMOTIONAL ROLLERCOASTER

- Review common brain-related changes during menopause and understand why they occur.
- Learn which food and lifestyle strategies to focus on to improve symptoms.

Classes:

- The Emotional Rollercoaster
- Improving Emotional Health with Food

SESSION 5: HORMONES AND DETOXIFICATION

- Find out which toxins to avoid for hormone health and understand where they come from.
- Learn tips to support detoxification with your lifestyle.

Classes:

- Hormones and Detoxification
- How to Reduce Toxins in Your Life

SESSION 6: SPECIAL CONSIDERATIONS

- Learn how you can encourage GI cell repair through the nutrients you eat.
- Learn five key nutrients and how to get them from food.

Classes:

- Hormones and Special Considerations
- Optimizing Women's Hormones Wrap-up

PROGRAM FAQs

What are your nutrition programs based on?

Launch My Health was founded on the principle that food can be one of the most powerful medicines we have. Our nutrition and culinary programming is evidence-based and includes a whole fresh foods approach with an emphasis on a positive mindset and celebrating food. We believe flexible eating styles are more sustainable than restrictive diets and work to guide you in simple ways you can enjoy eating this way.

Who is this program NOT recommended for?

This program is not meant for those under the age of 18, those under the care of a physician for cancer treatment or treatment of another serious medical condition, those with a history of or current disordered eating, or those who are pregnant, nursing, or trying to conceive. If you are unsure, consult with your physician before beginning this program.

I have a food allergy/sensitivity and/or follow a specific diet. Will I be able to participate?

Yes! All the recipes included in this program have options to be modified to fit a dairy-free, gluten-free, and/or low-FODMAP eating style. Plus, you'll find many excellent vegetarian, pescatarian, and vegan options on the recommended food lists. If you don't like or can't eat an ingredient, you can swap it out for something that works for you. You're in control.

What does a "low-FODMAP eating style" mean?

FODMAPs are different forms of carbohydrates that are part of many commonly consumed foods, like fruits, vegetables, dairy, grains, and sweeteners. Most people have no trouble digesting FODMAPs, but in those with irritable bowel syndrome (IBS), unpleasant digestive symptoms like chronic bloating, diarrhea, constipation, and stomach pain can occur from eating high-FODMAP foods. Fun fact: FODMAP stands for fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols.

Launch My Health Program Disclaimer: The information provided in Launch My Health programs is for educational purposes only and not intended as medical advice or to replace medical care. Always consult with your physician and medical care team to determine the right care for you.